

Partial Translation of JP 2003-135033 A

[0002]

It has been known that, in general, carnitine plays a role of transportation of fatty acid into mitochondria in the lipid metabolism or, particularly, oxidation of fatty acid and that it has a promoting function for burning of the fat to energy. Additionally, although carnitine is biosynthesized *in vivo* as well, it is unclear whether it is synthesized in a sufficient amount during hard sports and labor and effectiveness of ingestion from meals or the like has been proposed. In Europe and America, beverages and supplements which complement the ingestion of carnitine from meals have been already put into the market and many of those products contain 500 to 1000 mg of carnitine in terms of the intake amount per day.